NUTRITION CARE DIVISION FT CARSON MEDDAC – 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16 July 06	17 July 06	18 July 06	19 July 06	20 July 06	21 July 06	22 July 06
Pancakes	French Toast Turkey Sausage Oatmeal/Grits	Pancakes Breakfast Casserole Oatmeal/Cream of Wheat	French Toast Country Fried Steak Oatmeal / Grits	Pancakes Grilled Harn Oatmeal/Cream of Wheat	Waffles Grilled Ham Oatmeal/Cream of Wheat	French Toast

BREAKFAST: Fruit, juice, hot/cold cereal, toast, English Muffins, bagels, biscuits, assorted pastries, scrambled eggs, boiled eggs, eggs to order, omelets to order, hash browns, pancakes or french toast, cream cheese, peanut butter, jelly, bacon, sausage, cream beef; Fridays: Belgium Waffles to Order w/ toppings

LUNCH:

Soup de Jour	Chicken and Dumpling Soup	Minestrone Soup	Chicken Tortilla Soup	Tomato Florentine Soup	Soup de Jour	Soup de Jour
Roast Turkey ♥	Soup de Jour	Soup de Jour	Soup de Jour	Soup de Jour	Clam Chowder	Lemon Pepper Chix ♥
Lemon Baked Fish	Grilled Salmon ♥	Pork Adobo	Baked Fiesta Chicken♥	Weezer's Goulash	Baked Fish ♥	Country Fried Steak
Mashed Potatoes ♥	Corned Beef & Cabbage	Chinese Five Spice Chicken ♥	Roast Beef	Pork Roast♥	Teriyaki Beef	Gravy
Bread Stuffing	Fried Chicken	Bulgogi	Mashed Potatoes	Chicken Pot Pie	Swedish Meatballs	Spinach 🔻
Turkey Gravy	Boiled Potatoes ♥	Steamed Rice	Brown Gravv	Mushroom Gravy	Macaroni & Cheese	Mashed Potatoes ♥
Green Beans ♥	Potato Pancakes	Fried Rice	Texas Style Beans	Mashed Potatoes	Steamed Rice ♥	Hot Rolls ♥
Cranberry Sauce	Carrots	Oriental Vegetables ♥	Summer Squash ♥	Buttered Noodles	Broccoli 🕶	
	Broccoli ♥	Spinach	Carrots	Green Peas	Brussels Sprouts	
	Dinner Rolls ♥	Hot Rolls	Dinner Roll	Vegetable Medley ♥	Dinner Roll ♥	
			Pasta Bar	Dinner Rolls ♥	Seafood Bar	
	Taco/ Nacho Bar	Chicken Strip & Wings Bar	FEATURED RECIPE:	Asian Dan		
			Beef & Beans Colorado	Asian Bar		
	Southwest Chicken Salad	Crispy BLT Chicken Salad	Wrap	Chicken Spinach Salad	Antipasto Salad (NEW)	
			Chef Salad	Спикен Эрінасн Заша		

LUNCH: Salad Bar *Weekdays Short Order:* Hamburgers, Cheeseburgers, Hot Dogs, Chili Dogs, Grilled Cheese, Grilled Ham and Cheese, Philly Steak Sandwich, Pizza, BLT, Boca Burgers, Grilled Chicken Sandwich, French Fries, Assorted Chips, and Bread, Fruit.

Weekends & Dinner Meal Short Order: Hamburgers, Cheeseburgers, Grilled Cheese, Grilled Ham and Cheese, French Fries and, Grilled Chicken Sandwich♥ Assorted Cakes, Pies & Cookies, Ice Cream Novelties available at all lunch and dinner meals.

DINNER:

"MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF MENU ITEMS."

Soup de Jour Chicken Picatta ♥ Penne Pasta Vegetable Medley ♥ (Broccoli, Cauliflower, Carrots)	Soup de Jour Oriental Beef Steamed Rice Fried Rice Oriental Vegetables		Soup de J. Roast Tur Turkey Gr Bread Dre Mashed P Green Bea Cranberry	key Y cavy essing otatoes Y ans Y		Soup de Jour Baked Chicken ♥ Parsley Rice ♥ Corn Summer Squash ♥	Soup de Jour Cornish Hen Steamed Rice Green Beans	Y	Soup de Jour Braised Pork Chop ♥ Oven Browned Potatoes ♥ Spinach ♥	Soup de Jour Chicken Kiev Pasta Italiano ♥ Zucchini ♥ Garlic Bread
HOURS: BR		Weekdays Weekends		0600-0830 0630-0800	LUNC	H: Weekdays: Full Menu Self Service/ Short Order	1100-1300 1300-1400	DINNER: Fu	ıll Menu 1600-1730	
			3			Weekends:	1130 - 1300			

[♥] Denotes Heart Healthy Selection, Heart Healthy Meal includes entrée, starch, vegetable, bread, and fruit, and is less than 500 calories and 17g fat (30% fat) MELANIE J. CRAIG, LTC, SP, Chief, Nutrition Care Division